New Sunbeam

SPECIAL

COOKER & DEEP FRYER

Look at all the delicious foods it can prepare for you . . . EASIER AND BETTER

POTPOURRI

FRENCH FRIED POTATOES

POT ROAST AND STEW

SHRIMP AND SEA FOOD

EXCLUSIVE Sunbeam COOK-GUIDE

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YOU NOW HAVE THE FINEST AND MOST USEFUL COOKER AND DEEP FRYER MADE

Your new Sunbeam Cooker & Deep Fryer will give you new convenience and delicious results with all kinds of foods. You will enjoy deep fried chicken, doughnuts, potatoes with none of the guesswork and bother required by other methods.

In addition you can use your Sunbeam as a cooker. Use it every day for soups, roasts, stew and other main dishes, as well as for popping corn, keeping your rolls and buns hot, steaming, etc. No other deep fryer offers you so much usefulness in preparing the delicious foods every family needs.

The highly accurate Thermostatic Control prevents shortening from becoming overheated, permits you to use it again and again.

The deep, circular cooking well is easy to keep spic and span, and generous in capacity. You will like the advantages of the exclusive aluminum Fry basket that is not only large in size but easier to keep clean than ordinary wire baskets.

If you already own a Sunbeam Mixmaster, Coffeemaster, Ironmaster, Toaster or other Sunbeam appliance, your new Sunbeam Cooker & Deep Fryer will give you the same wonderful service you are already enjoying with your other Sunbeam appliances. If your Sunbeam Cooker & Deep Fryer is your first Sunbeam appliance, we welcome you to the Sunbeam family.

GUARANTEE Upon receipt of the guarantee registration card packed with this appliance your Sunbeam Cooker and Deep Fryer is guaranteed for one (1) year against electrical and mechanical defects in material and workmanship, which will be repaired or parts replaced free of charge during this period. The guarantee does not cover damage caused by misuse, negligence, or use on current or voltage other than that stamped on the appliance. This guarantee is in lieu of any other warranty either expressed or implied. If service is required, send the appliance prepaid to the nearest Sunbeam Appliance Service Company branch or authorized service station. Please write a letter explaining the nature of your difficulty.

Sunbeam CORPORATION

5600 Roosevelt Rd., Chicago 50, Ill., Canadian Factory, Toronto 9, Canada

The exclusive Sunbeam COOK-GUIDE

Only the Sunbeam has this guide to all your frying and cooking, always easy-to-see right on the front of the appliance. It gives you the recommended temperature and range in times needed for cooking and deep-frying average quantities of foods. Time and temperature will vary to suit taste, size and quantity of food. Foods taken directly from the refrigerator to cook or fry will take longer than foods at room temperature. Test foods for tenderness at minimum time and continue to cook until done. The times and temperatures given in this book have all been tested for the quantities specified in each recipe, but are subject to the conditions mentioned above.

HIGHLY ACCURATE Sunbeam THERMOSTATIC CONTROL with "SIMMER" range

Sunbeam has long been famous for the accuracy and dependability of its thermostatic controls on such appliances as the famous Sunbeam Toaster, Coffeemaster, Ironmaster, etc. The Thermostatic Control on the Sunbeam Cooker and Deep Fryer brings this same dependability to your cooking and deep-frying. An easy-to-see indicator light flashes off automatically when the Sunbeam reaches proper temperature, and flashes on when the temperature drops.

DEEP, CIRCULAR

Sunbeam

COOKING and FRYING WELL with special SUN-RAY finish

You will like the deep, smoothly finished cooking well of your Sunbeam because it is so easy to clean. There are no hard-to-get-at corners. It has a special smooth SUN-RAY finish that wipes clean in a jiffy. The embedded heating element runs completely around the large, flat bottom surface of the well, providing faster, even heat in the cooking area. Ideal for soups, pot roast, stews, etc. No other deep fryer has all these important advantages.

WHY WE DO NOT USE A DRAIN SPOUT ON THE SUNBEAM

Deep-frying always leaves particles of food in the shortening. These particles should be strained out after each use to prolong the life of the shortening or oil. A drain spout is impractical because the particles in time may clog up the spout or cause it to leak. A leaky spout is dangerous. Draining shortening through a spout is slow, and leaves a hard-to-clean scum on the walls of the cooking well. That is why the Sunbeam does not have a spout. It has an exclusive round pouring edge that makes draining and straining the shortening quick and easy.

LARGE, NEW-TYPE

Sunbeam

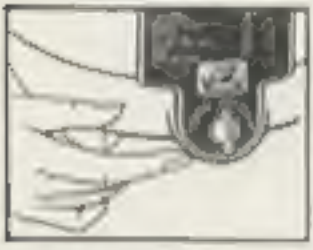
ALUMINUM FRY-BASKET

The convenient Sunbeam Fry-Basket is large in size and holds generous quantities of food. Instead of being made of the customary hard-to-clean wire mesh, it is all smooth, perforated sheet aluminum. The easiest to clean of all fry-baskets, and better because it prevents pieces of food from dropping into the fryer well.

How to Use *Sunbeam* COOKER & DEEP FRYER

For Frying . . .

1. Remove cover and basket (all deep frying is done with the cover off). To put on handle, slide collar (A) to closed end of handle. Then squeeze handle wires together at (b), so that prongs (C) will dip into bracket (D) and expand for secure fit when released. Then slide collar (A) back into position as shown above.



2. Put 3 to 5 pounds of shortening into the Sunbeam. (A rubber spatula is handy for taking shortening from can.) Plug cord of Sunbeam into a 110-120 Volt AC electrical outlet. Set temperature control dial to temperature recommended in recipe. The indicator light will go on. When it goes out, proper frying temperature has been reached. (About 15 minutes are required to preheat shortening to correct temperature.) Put basket down into Sunbeam to preheat while shortening is heating.

3. When indicator light goes out, lift basket and hook over drain supports on inside of Sunbeam, as shown. Place food into basket, never filling more than ½ full. (For dough mixtures, such as fritters, doughnuts, etc., leave frying basket in the Sunbeam and drop foods directly into preheated shortening.) Slowly lower basket into shortening. Foods which contain excessive moisture, such as potatoes, cause foaming of shortening. When this occurs, lift basket quickly and lower slowly again. Indicator light will continue to go off and on during frying. Raise the frying basket above level of shortening, shaking food occasionally during frying.

4. When food is fried as directed in recipe, raise basket. Hook over drain supports, and allow to drain. Turn food out of basket onto absorbent paper. (Double thickness of paper towels placed on a cookie sheet or flat tray is handy for this.) Season as directed in recipes. When frying a second batch, wait for indicator light to go out (Shortening has reached correct temperature then). If time elapses between frying batches of food, lower temperature to "simmer" and reheat to frying temperature when ready to fry. This will make shortening last longer.

5. Set temperature control dial to "off" position. Remove cord from outlet. Remove basket and wash it. (Handle may be removed from basket for convenient storage by following same procedure outlined above in step 1.) Let shortening cool. Remove loose food particles and wipe inside of fryer above shortening level with a paper napkin or dry, soft cloth. Store shortening directly in Sunbeam, if desired, by covering and keeping it in a cool place. Otherwise, strain cooled shortening and put it back into original container. Clean the unit as directed on page 6.

See page 19 for instructions on use of the Sunbeam as a cooker.

Hints for Success with Fried Foods

Time and temperature will vary to suit taste, size and quantity of food. (Foods taken directly from refrigerator to cook or fry will take longer than foods at room temperature.)

BREADING—Coat most foods for a crisp, delicious brown crust and moist interior. Less shortening fries into the food, too.

Bread Crumbs or Cracker Meal—Use the packaged commercial kind or grind your own, but sift them through a sieve so they'll be fine enough to stick. Good for coating fast-frying foods like oysters, croquettes, and some vegetables. (See recipes.)

Cornmeal or Cereal Foods—Mix with some flour to keep from having a hard crust. Use for foods that need to cook longer, such as chops, cutlets, etc. To use prepared cereals such as cornflakes, etc., you can crush them very fine with a rolling pin.

Dredge—The old "standby"—quickest of them all. Simply shake foods, flour and seasonings in a paper bag. Use for liver, vegetables, etc.

Flour, Egg Mixture, Crumbs—Dip foods first into flour, then into slightly beaten egg mixed with 2 tablespoons of milk or water, and then into fine crumbs. This gives an extra thick, crisp crust. Good for shrimp, scallops, chicken, etc. (See recipes).

Batter—Make a thin batter. Beat together 2 eggs, ½ cup of milk, 1 cup sifted all-purpose flour sifted with 1 teaspoon baking powder, 1 teaspoon salt. Blend in 1 teaspoon melted shortening. Dip food into batter and then fry. Use for "Good Old Southern Fried Chicken," fruits, fish, etc. (See recipes).

Note: 1. Bread cooked foods like croquettes ahead of time and keep in refrigerator until frying time. They won't fall apart.
2. Give all foods an "easy shake" to brush off loose breading.
3. Use variety in breading—you'll find it interesting.
4. Dry off potatoes and other moist foods by putting between tea or paper towels.

FRYING TRICKS 1. Vary time and temperature to suit your taste and also size and quantity of foods.
2. Use shortening or oil in sufficient quantity to cover food completely while frying, but have at least 3 inches between shortening level and top of kettle.
3. Lower food slowly into hot shortening (see page 4).
4. Don't crowd in too many pieces at a time while frying. Overcrowding takes longer for frying and more shortening is absorbed into food.
5. Wait for indicator light to go off before frying the next batch—skim out food particles.
6. Use long-handled fork or spoon for turning food, if recipe directs.
7. Keep paper toweling handy for draining foods.
8. No need to worry about fat overheating. Your accurate thermostatic control watches this.

SERVING TRICKS 1. Arrange paper toweling or brown paper double thickness on baking pan or tray—drain foods on it to absorb excess shortening. Season now with salt or otherwise.
2. Bring fried foods to the table piping hot. If you find it necessary to keep them hot while waiting, set draining pan in slow oven (300° F.)
3. Try cutting foods into fancy shapes, serving with different sauces—and don't forget to garnish. A sprig of parsley, a slice of lemon, wedges of tomato, carrot curls, radish roses, dress up fried foods for extra eye appeal.

FOR RECIPE SUCCESS 1. Read recipe—do any advance work—get all ingredients together on a tray.
2. Measure accurately—use standard measuring cups and spoons. (The metal measuring cups—¼ cup—⅓ cup, ½ cup, etc.—*are easiest to use.*) *All measurements are level.*
3. Double-action baking powder was used in testing recipes—(Calumet, KC, Clabber Girl). For tartrate or phosphate types (Dr. Price's, Rumford, etc.), sprinkle over batter just before finishing the mixing.
4. Mix carefully as directed in recipe.
5. Preheat shortening, allowing time for indicator light to go off. Do while mixing food.
6. Cook or fry at temperature for time indicated in recipes. Test for doneness with a skewer or tongs (tine of a fork. Foods should be a golden brown and cooked through well.

To measure flour or sugar: Sift flour onto large square of waxed paper before measuring. Toss lightly into measuring cup, heaping it up. Level off with spatula or knife. Use all-purpose flour unless otherwise indicated. Pack brown sugar firmly into cup when measuring.
To measure shortening: Pack solidly into cup, then level off.
To measure baking powder or soda: Fill measuring spoon to overflowing, then level off.
To measure liquids: When measuring in a glass cup, have cup on a level surface and read with the eye on the same level with reading on the cup.

BE THRIFTY...
Make Your Shortening Last Longer

STRAINING SHORTENING AFTER EACH USE greatly prolongs its use in frying. Food particles and sediment from breading materials cause shortening to foam and bubble in frying and to lose its browning quality. Also, flavor becomes strong due to re-frying food leftovers. Let shortening cool but while still warm, strain by merely pouring several layers of cheese cloth (Miracloth or any soft, clean cloth) in a strainer and strain shortening back into original container. With this simple procedure, shortening can be used again and again without waste. Store in a cool place or in the refrigerator. Then your Sunbeam is always clean and ready for other cooking purposes. If you wish to store fat in the Sunbeam, wipe down inside of fryer above shortening level with a paper napkin or dry, soft cloth to avoid a brown gummy film from forming. Cover Sunbeam and put in a cool place.

TO CLARIFY FRYING OILS AND SHORTENING after frying strong flavored foods, or repeated frying, cut a few potatoes in thick slices and put into frying basket. Lower into partially cooled shortening. Set the indicator dial to 300 degrees and gradually increase to 400 degrees to brown potatoes. Potatoes absorb and boil off the strong flavors. Drain basket by placing over drain supports and then discard potatoes and strain shortening as directed. Add a small amount of new shortening each time to replace used amount and to prevent wearing out old shortening. Worn out shortening won't brown, foams excessively, has a strong odor, and tends to become gummy. When this happens, start all over with new shortening.

ABOUT THE KIND OF SHORTENING TO USE: Use hydrogenated shortenings, preferably for a minimum of grease absorption into foods. They stay fresh and tasteless on repeated frying. (Swift's-ning, Spry, Crisco, Bake-rite as examples.) New improved lard, cooking, salad or nut oils may be used. (Wesson, Mazola, Peanut oil, as examples). Olive oil or salted shortenings should not be used. Shortening or oil should completely cover foods to be fried. Allow at least 5 inches from fat level to top of Sunbeam so that fat will not bubble over when food is lowered into fat. Use 3 to 5 pounds of shortening or 3 to 5 pints of oil, according to the amount of food to be deep-fried.

Note: Straining your shortening each time will make deep-frying in the Sunbeam a lot more economical and satisfactory.

Sunbeam COOKER & DEEP FRYER
Is Easy to Clean and Keep Like New

The smooth, gem-like finish makes the Sunbeam Cooker & Deep Fryer suitable to go directly to the table to keep foods such as chicken and dumplings, soups, stews, etc., hot while serving. Keep the outside surface gleaming by merely wiping with cleansing tissues or a soft cloth to remove any spilled food while cooking. Wash with soapy water, then rinse cloth in clean water and wipe. Polish with a clean, dry cloth.

Do not immerse in water for washing—this will damage the thermostats and heating element.

After straining shortening into original container, wipe out the inside of the Sunbeam with crumpled paper toweling or paper napkins. (This is best done while the Sunbeam is still slightly warm.) If it is to be used next for frying, no further cleaning is necessary and shortening may be returned to unit for storage. If it is to be used for cooking, just a small amount of quite hot water can be put in the Sunbeam with a detergent, such as Tide, Dreft, etc. Wash with a dishcloth. Rinse with clear, hot water and dry well. Steel wool scouring pads may be used to remove fried particles clinging to the sides of the Sunbeam or basket. (Use *only* on inside surface.)

REMEMBER: *Do not immerse in water for washing.* Frequent cleaning according to instructions will always keep your appliance fresh and gleaming.

The basket can be stored inside the Sunbeam by merely removing the handle. Let it double for a colander to drain liquid from foods such as macaroni, etc., and to wash berries and small fruits. You'll think of more uses, too. With its smooth, easy-to-clean metal surface, no gummy, rancid shortening will accumulate on it.

To clean the basket, merely wash it in sudsy dishwater and rinse with hot water. (Inside and outside surfaces can be wiped with a crumpled paper towel or paper napkin before washing to remove excess shortening.)

Delicious Fried Chicken and Meats

Evenly browned, tender, crisp fried chicken, is no trick at all with the Sunbeam. Broilers or small fryers are best deep fried, but less tender chicken can first be deep fried to give that even brown crust, then finished in the oven or as stated. Heavy chickens can first be cooked, then deep fried.

Choose your coating as you like it. Shake in a bag with flour and seasonings or coat as directed on page 5. Shake off excess coating and let coated chicken stand a few minutes before frying.

FRIED CHICKEN

(Deep fried start to finish)

Frying temperature, 375°
Frying time: about 10 to 15 minutes
Serves 2 to 4

4½ to 5½ lb. broiler or fryer (ready to cook weight)
1 cup flour
2 teaspoons salt
½ teaspoon pepper
½ teaspoon poultry seasoning, if desired
1 teaspoon paprika

1. Split chicken in half lengthwise by cutting through ribs on each side of backbone. Take out backbone and neck. Divide breast by cutting along one side of breast bone. Snap cartilage in each joint (makes chicken easier to eat) — cut up in pieces.

2. Wash chicken, dry, put flour and seasonings in a paper bag. Shake one half of broiler or, if chicken is cut in serving pieces, place several pieces at a time in bag until well coated or put flour mixture on a pie plate and roll chicken in it.

3. Fry in preheated shortening until browned and tender. Fill basket about one half full or slip one piece at a time into shortening with tongs or long handled spoon (best way when frying half broiler). Time will vary with size of chicken or pieces and quantity fried at one time.

Test for tenderness by lifting basket to drain slightly. Pierce thickest part of drumstick with a knife. It should cut easily and show no trace of pink color.

When frying large quantities, fry large pieces at one time and small pieces at another. Keep fried pieces hot in covered dish in 325° oven (if you can't serve at once. *When frying large chicken, fry at 350°-360° for 15 to 20 minutes.*)

CRISP COATED FRIED CHICKEN

Dip chicken first in seasoned flour, then in two eggs beaten with ¼ cup milk, then in fine dry bread crumbs. Fry in preheated shortening at 375° about 10 to 15 minutes until browned and tender. Drain, put on absorbent paper.

BUTTERMILK-COATED CHICKEN

Dip chicken first in seasoned flour, then in buttermilk. Drain, then dip in flour again. Fry in preheated shortening at 375° until browned, crisp and tender. Drain, put on absorbent paper.

OVEN FRIED CHICKEN

(This method is best for larger fryers)

Dip chicken as in "CRISP COATED FRIED CHICKEN," or in seasoned flour. Fry in preheated shortening at 375° only until browned. Drain by placing basket over drain supports. Put chicken into baking dish, add ¼ cup water, 1 onion cut in quarters, and sprinkle with poultry seasoning, if desired; cover and bake in preheated oven 325° (slow oven), about 45 minutes, or until tender. Remove cover last 10 minutes to make crust crisp if desired. Make cream gravy with drippings. Put chicken on a hot platter, pour gravy over it and sprinkle with chopped parsley.

CHICKEN WITH STUFFING

Dip halves of broilers or fryers into any desired coating. Fry in preheated shortening at 375° only until browned. Drain. Sprinkle with salt and pepper. Fill body cavity with your favorite stuffing, put in a greased baking pan, stuffing side down. Cover and bake 350° (moderate oven) 30 minutes. Take cover off last 10 minutes to crisp crust.

SMOTHERED CHICKEN

Dip chicken as in "CRISP COATED FRIED CHICKEN," or in seasoned flour. Fry in preheated shortening at 375° only until browned. Put into a baking dish, add one 8 oz. can condensed mushroom soup combined with ½ cup milk or cream, one small peeled onion, cut in quarters. Sprinkle with paprika. Cover, bake at 325° (slow oven) for 35-45 minutes until tender.

BARBECUED CHICKEN

Prepare as "OVEN FRIED CHICKEN." When putting into baking dish, add barbecue sauce, page 24, instead of water and seasonings. Cover and bake at 350° (slow oven) about 45 minutes, until tender. Serve on heated platter with sauce poured over chicken.

CHICKEN FRIED IN BATTER

(Pre-cook, then fry in batter)

Frying temperature: 375°
Frying time: about 5 to 7 minutes
Serves 2 to 4

1 lb. fryer or larger chicken cut in serving size pieces	1 cup sifted all purpose flour
2 eggs	1 teaspoon baking powder
½ cup milk	1 teaspoon salt
	1 tablespoon melted shortening

1. Wash chicken, cook until partially tender, simmering in boiling water 30 minutes or longer, depending on size. Drain, cool, sprinkle with salt, pepper, celery salt or poultry seasoning.

2. Beat eggs, add milk. Sift together flour, baking powder and salt. Beat into milk mixture, blend in shortening. If batter becomes thick upon standing, thin with 1 or 2 tablespoons milk.

Alternate Method: Place all ingredients in small bowl. Beat on No. 3 speed until blended.

3. Dip pieces of chicken into batter, allowing to drip slightly. Fry in preheated shortening at 375° until golden brown. Lower basket in fryer—slip pieces carefully into hot shortening with a long handled spoon).

Remove with basket. Drain. Put on absorbent paper. Serve piping hot.

Note: Small broilers may also be batter dipped without pre-cooking. Fry 12 to 15 minutes.

BREADED VEAL CUTLETS OR CHOPS

Frying temperature: 375°
Frying time: about 10 minutes

Veal cutlets or chops cut ½" thick	1 egg
Flour	¼ cup milk
Salt, pepper, celery or garlic salt	Fine, dry bread or cracker crumbs

1. Dip cutlets or chops in flour combined with seasonings, coating on both sides.

2. Beat egg slightly, stir in milk.

3. Dip cutlets into egg mixture, then into crumbs shaking off excess.

4. Fry in preheated shortening until browned and tender.

5. Drain on absorbent paper, serve with tomato or mushroom sauce, page 24.

BREADED PORK CHOPS

Frying temperature: 375°
Frying time: about 10 minutes

Pork chops, tenderloin or steak cut ½" thick	1 egg
Flour	¼ cup milk
Salt, pepper, celery salt or poultry seasoning	Fine, dry bread or cracker crumbs

1. Dip chops first in flour combined with seasonings, coating on both sides.

2. Beat egg slightly, stir in milk.

3. Dip chops into egg mixture, then into crumbs, shaking off excess.

4. Fry in preheated shortening until browned and thoroughly done.

5. Drain, put on absorbent paper.

Serve or cover with fried apple rings, apple sauce, page 25, or pineapple rings.

BARBECUED PORK CHOPS

Dip pork chops in seasoned flour, fry at 375° in preheated shortening until browned. Drain. Put in a baking dish, add barbecue sauce, page 24. Cover. Bake 350° (moderate oven), about 45 minutes.

HAWAIIAN PORK CHOPS

Dip pork chops or steak in seasoned flour, fry in preheated shortening at 375° only until browned. Put into a baking dish. Place a slice of canned pineapple on each with a piece of canned of slice. Arrange pared carrots cut in quarters around chops. Add ½ cup water or juice from pineapple. Cover. Bake 350° (moderate oven), about 1 hour.

PORK CHOP SUPREME

Dip 6 pork chops in flour. Fry in preheated shortening at 375° only until browned. Drain. Place in a baking dish. Sprinkle with ½ teaspoon salt, ¼ teaspoon sage, 1 tablespoon flour. Top with apple slices (core apples and slice crosswise). Sprinkle apples with ½ cup brown sugar, ½ cup seedless raisins, ½ teaspoon cinnamon. Mix together one cup hot water, 1 tablespoon vinegar or 2 tablespoons sweet pickle juice. Pour over all. Bake uncovered at 350° (moderate oven) about 1 hour.

FRENCH FRIED FRANKFURTERS

Frying temperature: 375°
Frying time: about 3 minutes

Frankfurters
Standard batter (mix, page 8)

1. Pour boiling water over frankfurters. Drain.

2. Prepare batter as directed in recipe.

3. Dip each frankfurter into batter, allowing to drip slightly.

Fry in preheated shortening, until golden brown. (Lower basket in fryer—slip frankfurters into hot shortening with a long handled spoon). Turn to brown both sides. Remove with basket. Drain, put frankfurters on absorbent paper. Serve with potato salad, cole slaw, or broiled tomatoes.

Cider Batter

1. Fry in preheated shortening at 370° without dipping into batter, about 2 minutes, just long enough to heat all the way through. Drain.

2. Split frankfurters, fry without dipping as above. Serve on toast with cheese sauce, page 24, and sliced tomatoes.

FRIED LIVER

Frying temperature: 350°
Frying time: about 5 minutes

Liver (veal, lamb or beef), sliced ½" thick and sliced 3" long	Milk
	Flour
	Salt, pepper

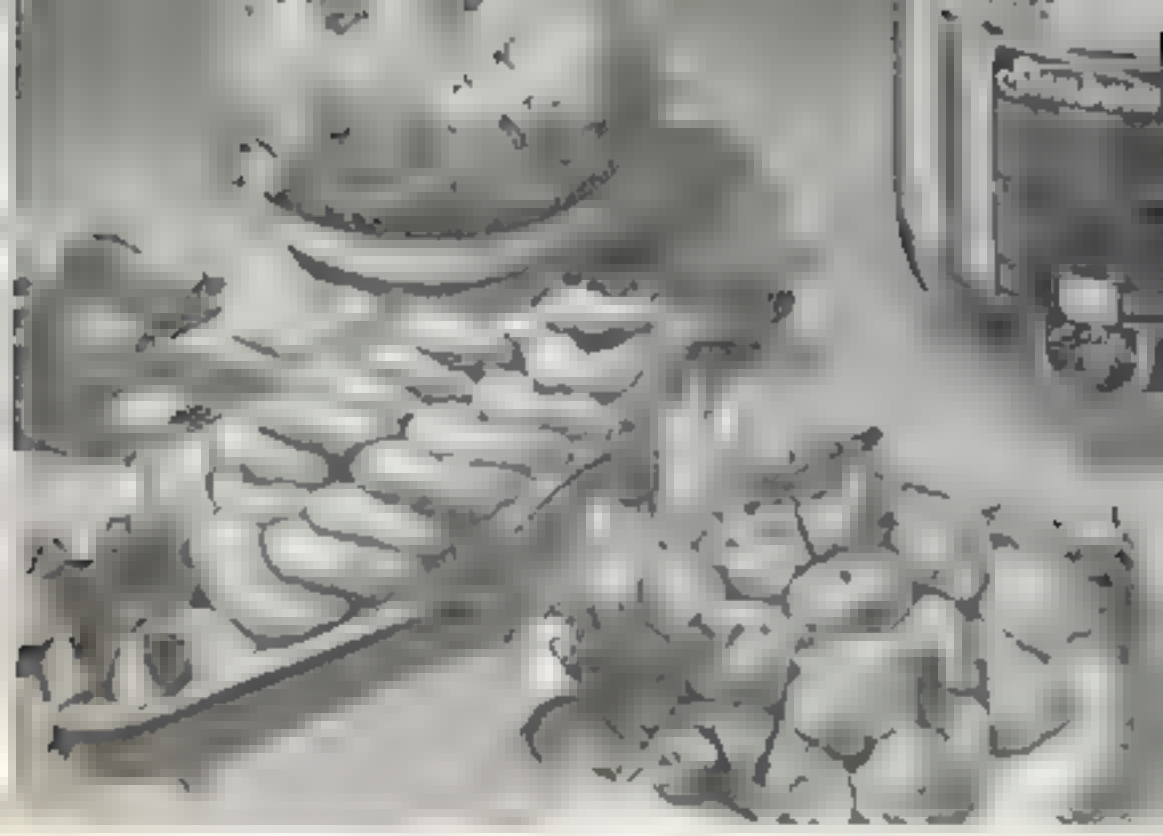
1. Wipe liver with a clean damp cloth.

2. Dip into milk, then into seasoned flour.

3. Fry in preheated shortening until golden brown and tender. Drain. Put liver on absorbent paper. Serve with broiled bacon and French fried onions, page 37. (Fry onions first, keep hot in slow oven).

BAKED BEEF OR PORK LIVER

Fry 1 lb. liver as above. Put into shallow baking dish. Sprinkle with salt, pepper, two tablespoons flour and a speck of chili powder. Top with four slices bacon. Add one No. 2 can of tomatoes, one medium-size green pepper sliced. Cover and bake at 350° (moderate oven) about 40 minutes. Uncover, bake 30 minutes longer. Serves 4.



FRIED FISH AND SEA FOODS

Crisp and EXTRA Delicious

ABOUT THE KIND OF FISH TO BUY

VARIETIES SUITED TO DEEP FRYING

ABOUT SERVING FISH OR SEA FOOD

COATINGS

ABOUT PREPARATION FOR FRYING

NICE TO SERVE WITH FISH

Frozen or Fresh Fish

DEEP FRIED FISH

CRISP FRIED FISH

MARINATED FRIED FISH

BATTER DIPPED FISH

BAKED FISH FILLETS

Shellfish

FRENCH FRIED SHRIMP

FRENCH FRIED SHRIMP

FRENCH FRIED CANNED SHRIMP

FRENCH FRIED OYSTERS

FRIED CLAMS

FRIED SOFT SHELL CRABS

DEEP FRIED SCALLOPS

CLAM FRITTERS

FRIED LOBSTER TAIL

Canned or Salt Fish

SALMON PATTIES

Frying temperature 375°
Frying time about 3 minutes
Serves 6

1 tablespoon butter
1 tablespoon chopped onion
¼ teaspoon celery salt
¼ teaspoon pepper
1 cup cracker crumbs
1 cup milk
1 can salmon, drained
2 tablespoons lemon juice
1 egg, well beaten and diluted with 1 tablespoon milk
Fine, dry, bread or cracker crumbs

1. Remove skin and bones from salmon and flak-

TUNA CROQUETTES

COD FISH CAKES

FISH BALLS

Golden-Brown Fritters and Croquettes

STANDARD FRITTER BATTER

THINNER FRITTER BATTER

APPLE FRITTERS

BANANA FRITTERS

CLAM FRITTERS

CORN FRITTERS

PINEAPPLE FRITTERS

CHICKEN CROQUETTES

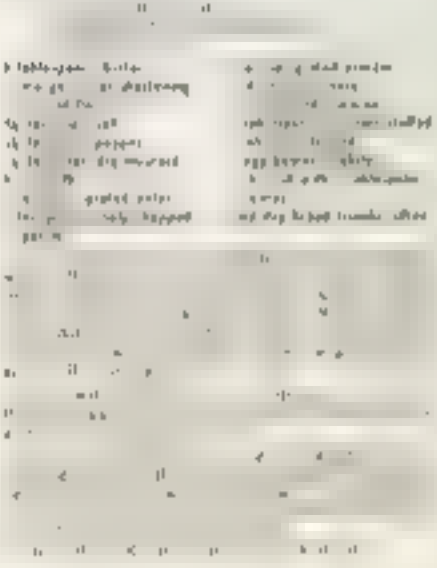
HAM CROQUETTES

TUNA CROQUETTES

See recipe on page 3

LAMB, VEAL OR BEEF CROQUETTES

MACARON AND CHEESE CROQUETTES



SALMON PATTIES

FRENCH TOAST

FRIED MUSH

Cook cornmeal, farina or granular whole wheat

Appetite-teasers With New Appeal

COCKTAIL PIGS IN BLANKET

LIVER SAUSAGE BONBONS

TINY TIMBALE CASES

TINY CODFISH BALLS

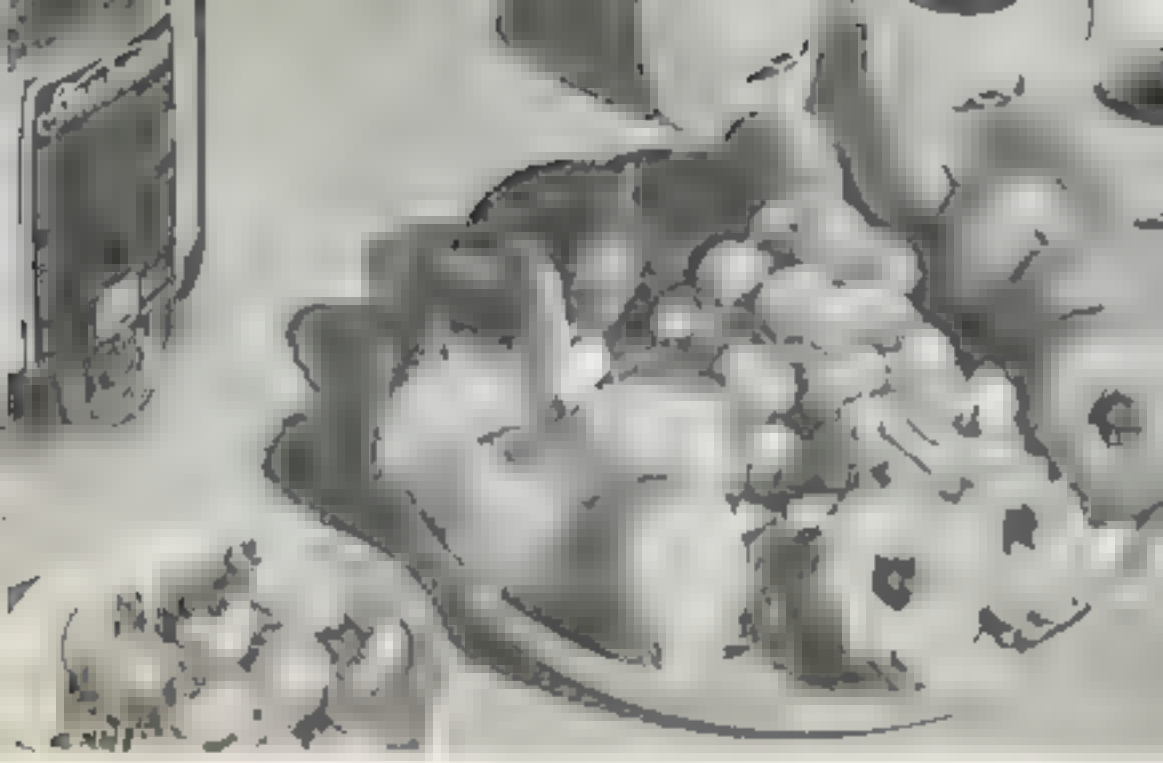
WAYS WITH POPULAR FRENCH FRIED SHRIMP

CROUTONS

SALTED NUTS

POP CORN

FRENCH FRIED POP CORN



DOUGHNUTS...A Treat You Can Enjoy Often This Easy Way!

OLD FASHIONED DOUGHNUTS

SWEET MILK DOUGHNUTS

DOUGHNUT IDEAS

DROP DOUGHNUTS

RAISED DOUGHNUTS

CRULLERS

MY MOM'S FRIED CAKES

ROSETTES AND TIMBALE CASES

EASY TEA DOUGHNUTS

QUICK CRULLERS

POTATO DOUGHNUTS

YOUR FAVORITE French Fried Vegetables—Like Expert Chefs Make

FRENCH FRIED CAULIFLOWER

CARROT SURPRISES

FRENCH FRIED EGG PLANT

FRIED MUSHROOMS

FRENCH FRIED ONIONS

FRIED TOMATOES

FRENCH FRIED POTATOES

POTATO PUFFS

FRIED SWEET POTATOES

CRISP POTATO SLICES

SWEET POTATO BALLS

POTATO CAKES

"Old Stand By" Dishes With New Flavor

How to Use Sunbeam COOKER & DEEP FRYER FOR COOKING

Main Dishes

BOSTON STYLE BEANS

CHILI

STEWED CHICKEN

DUMPLINGS

CORNED BEEF

MEAT STEW

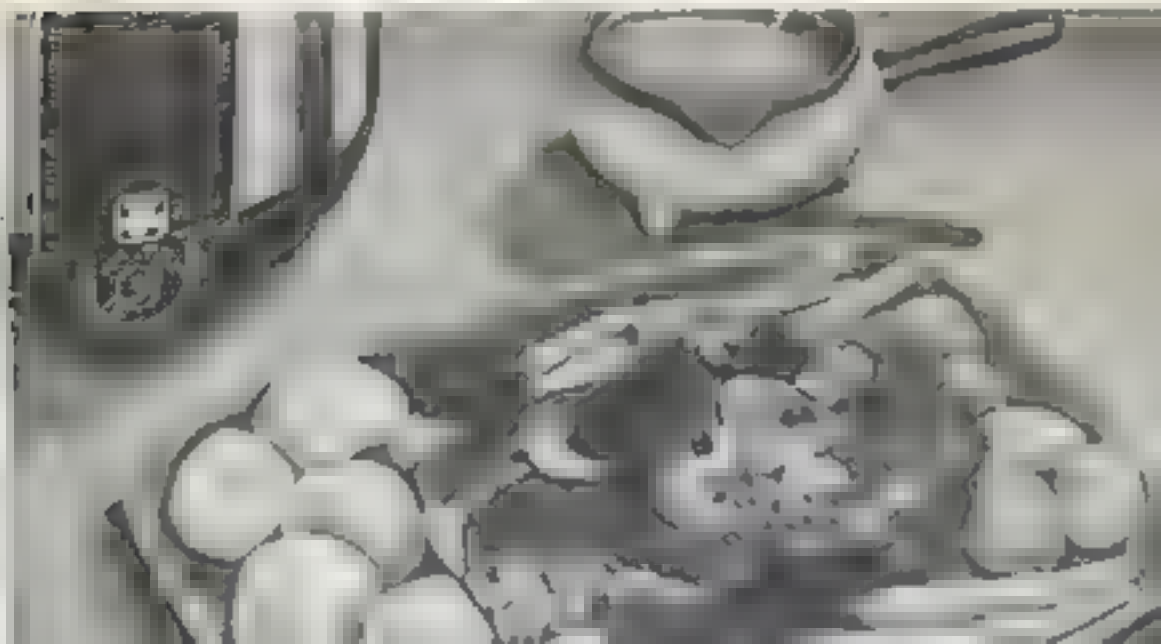
MACARONI AND MEAT

RICE DINNER

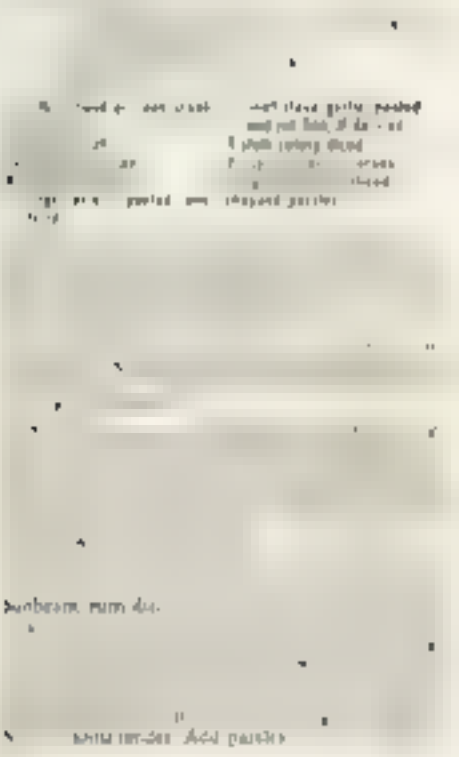
POT ROAST

SPARERIBS

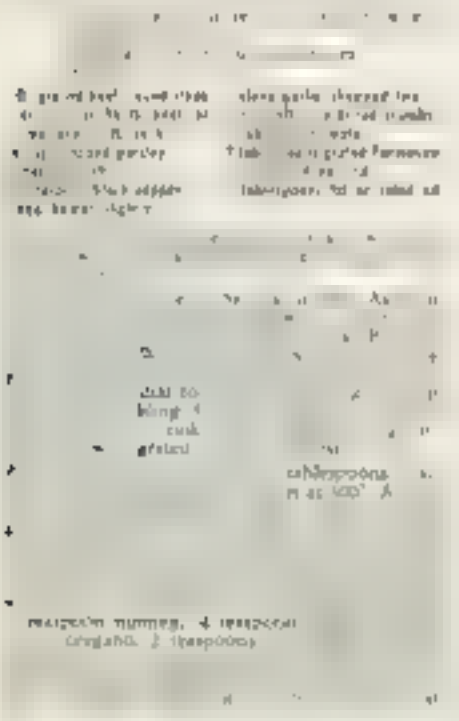
BARBECUED RIBS



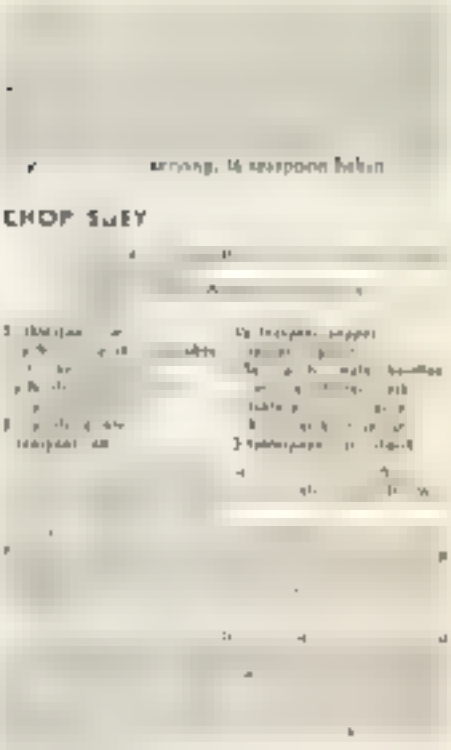
SWISS STEAK



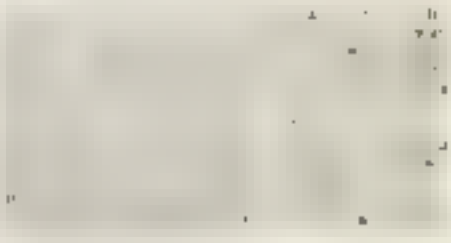
MEAT BALLS WITH TOMATO SAUCE



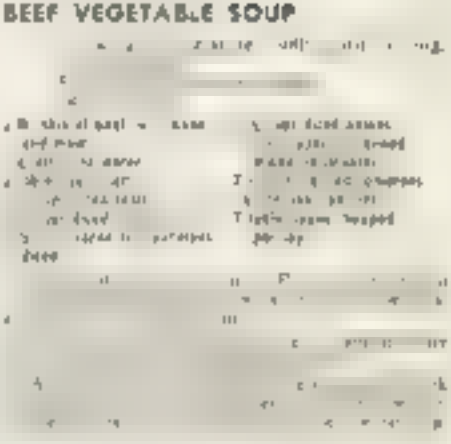
CHOP SUEY



FRANKFURTER & BEAN CASSEROLE



BEEF VEGETABLE SOUP



SPLIT PEA SOUP

Cooking temperature: 300° until boiling, then simmer
Cooking time: about 2½ hours
Serves 6

1 cup dried split peas
1 quart cold water
1 onion, sliced
1 stalks celery, sliced
1 carrot, sliced
1 slices salt pork or bacon diced, or ham bone or shank
½ bay leaf
1 cups milk
2 tablespoons butter or margarine
1 teaspoon salt (less if cups bone or cut pork is used)
⅛ teaspoon pepper
2 tablespoons chopped parsley

1. Wash peas, soak in the cold water several hours, or overnight. (If quick-cooking peas are used, do not soak).

2. Place in Sunbeam, add onion, celery, carrot, salt pork or bacon, and bay leaf. Bring to boil at 300°. Cover. Set dial at simmer, adjusting to keep just simmering. Simmer until peas are tender.

3. Put peas through a coarse strainer. Return to Sunbeam, add milk, butter, salt and pepper. Heat at 300°—do not boil. (Save 2 or 3 tablespoons thinly and add for garnish, if desired).

4. Sprinkle with chopped parsley. Serve with croutons, page 34 or crackers.

CHICKEN GUMBO SOUP

Cooking temperature: 300° until boiling, then simmer
Cooking time: about 30 minutes
Serves 4 to 6

2 tablespoons bacon or chicken fat
1 medium-size onion, diced
½ cup diced green pepper
2 stalks celery, sliced
1 qt. chicken or turkey stock
1 cup canned tomatoes
1 teaspoon salt*
½ teaspoon pepper
½ cup uncooked rice
1 cup canned or cooked okra
2 tablespoons chopped parsley

1. Melt fat in Sunbeam with dial set at 300°. Add onion, green pepper and celery. Fry, stirring frequently until partially tender—do not brown.

2. Add chicken stock, tomatoes, salt, pepper, rice (washed well and drained), and okra.

3. When mixture is boiling, cover and turn dial to simmer, adjusting to keep mixture just simmering.

4. Just before serving, add parsley. *Amount of salt will depend on seasoning in chicken stock.

Note: This is a substantial soup and can be served as the main dish—just add a salad, hot rolls and dessert to complete the meal.

½ cup cooked ham and 1 cup cooked oysters may be added in step 2. For dinner soups, add more tomatoes or chicken stock.

Fruits and Vegetables

STEWED APPLES OR APPLE SAUCE

Cooking temperature: 300° until boiling, then simmer
Cooking time: about 15 minutes
Serves 6

2 lbs cooking apples (about 12 apples)
½ cup water
1 cup sugar

1. Wash apples, core, and core. Place in Sunbeam. Add water. Set dial at 300° until boiling. Cover. Simmer until apples are tender (about 15 minutes).

2. Lift cover and stir occasionally.

3. Add sugar (amount of sugar will depend on tartness of apples). Cook 5 minutes longer. Remove from Sunbeam. Add sliced lemon, lemon juice, butter, or spices to taste.

Note: 1. Apples may be cooked with peeling on. Wash, cut in quarters, cut out cores, cook as above. When tender put through a coarse strainer or food mill. Add sugar and stir until blended.

2. Any other fruit may be cooked in similar manner.

3. Dried fruits may be cooked as follows: Cook as directed for prunes. Put in Sunbeam. Heat at 300° until boiling, then simmer until tender, adjusting dial to point where fruit will be kept just simmering. Add sugar last 5 minutes. Sliced lemon, orange or cinnamon may be added. Dried fruits mixed and stewed make a delicious combination.

COMPOTE OF FRESH FRUITS

Cooking temperature: 300° until boiling, then simmer
Cooking time: about 8 minutes
Serves 6

4 fresh pears
2 fresh peaches
6 small whole plums
5 slices canned pineapple, cut in quarters
½ to ¾ cup sugar
Water or pineapple juice

1. Peel fruits, remove seeds or core. Leave plums whole if small. Cut pineapple.

2. Place fruit in Sunbeam. Add sugar and enough water or pineapple juice to barely cover fruit. Cover.

3. Heat at 300° until boiling, then reduce heat to simmer, until fruits are tender. Remove to serving dish. Cool and chill. Serve topped with whipped cream, if desired.

SWEET POTATOES AND APPLES

Temperature: 300°, until boiling; then simmer
Time: about 1 hour. Serves 6

3 medium-sized sweet potatoes
4 medium-sized cooking apples
½ cup brown sugar
4 tablespoons butter
½ cup water
½ teaspoon salt
⅛ teaspoon pepper

1. Pare and slice sweet potatoes. Core and slice apples. Arrange sweet potatoes and apples in alternate layers in Sunbeam.

2. Combine brown sugar, butter, water, salt and pepper in a small sauce pan. Cook until sugar dissolves. Pour over potatoes and apples. Bring to boil at 300°. Cover, then set dial to simmer, adjusting to keep potatoes just simmering. Cook until tender.

BOILED POTATOES

Cooking temperature: 300° until boiling, then simmer
Cooking time: about 45 minutes
Serves 8 to 10

8 lbs. cooking potatoes
2½ cups boiling water
1 teaspoon salt

1. Pare potatoes. Cut in half if very large. Place in Sunbeam, add water and salt. Cover. Bring to boil at 300°. Cook in skins if desired.

2. Set dial at simmer, adjusting so as to keep potatoes just boiling. Cook until tender.

3. Drain by tilting cover slightly and pouring off water that remains. Remove cover, allow potatoes to dry out, leaving dial set at simmer. Shake occasionally. Serve plain, or mashed if desired.

Note: Mashed potatoes may be kept warm by setting at low adjustment in simmer range.

TO COOK FRESH VEGETABLES

Prepare vegetables. Place in Sunbeam, add a small amount of boiling water—about one inch from bottom of Sunbeam. Bring to boil at 300°. Then set dial at simmer, adjusting so point where water will be just kept boiling. Cover. Cook only until tender. Season as desired with salt, butter, etc.

TO COOK FROZEN VEGETABLES

Place in Sunbeam either frozen or defrosted. Add amount of water packer's label directs. Cover. Bring to boil at 300°. Then reduce heat to simmer, keeping water just boiling. Cook for time specified by packer. Season as desired.

TO DEFROST FROZEN FOODS QUICKLY: Place basket in Sunbeam—put frozen foods unopened in basket. Cover Sunbeam and set dial in low "simmer range".

Sauces

MEDIUM WHITE SAUCE

2 tablespoons butter
2 tablespoons flour
½ teaspoon salt
⅛ teaspoon pepper
⅛ teaspoon paprika
1 cup milk

1. Melt butter in top of double boiler over boiling water.

2. Blend in flour, salt, pepper and paprika.

3. Add milk gradually. Cook, stirring constantly until thickened and smooth.

Note: Can be made in a heavy pan over low heat.

CHEESE SAUCE

Add to Medium White Sauce ½ to 1 cup grated process American Cheddar Cheese. Cook, stirring, until melted. Also, blend in ¼ teaspoon dry mustard with seasonings above.

EGG SAUCE

Add to Medium White Sauce 2 shelled and diced hard-cooked eggs and 1 teaspoon finely chopped chives or parsley.

HORSERADISH SAUCE

Add to Medium White Sauce ¼ cup well drained bottled horseradish, 1 tablespoon chopped parsley.

MUSHROOM SAUCE

Add to Medium White Sauce 4 oz. can mushrooms, drained and chopped or dilute canned condensed mushroom soup with milk or cream and heat. Add butter as used.

QUICK BARBECUE SAUCE

½ cup chopped onion
2 tablespoons butter or margarine
1 cup catsup
½ cup vinegar or lemon juice
2 tablespoons brown sugar
½ cup water
2 teaspoons prepared mustard
1 tablespoon Worcestershire sauce
Salt to taste
½ teaspoon pepper

1. Slowly cook onion in butter in a saucepan until onion is tender.

2. Add remaining ingredients. Cover. Simmer about 15 minutes.

TOMATO SAUCE

Use canned tomato sauce or make as Medium White Sauce substituting 1 cup tomato juice for milk. Add 1 teaspoon grated onion, 1 teaspoon sugar, 1 tablespoon chopped parsley or green pepper.

TARTAR SAUCE

Combine 1 cup chilled mayonnaise, 1 tablespoon chopped olives, 1 tablespoon finely chopped parsley, 2 tablespoons chopped pickle, 1 tablespoon chopped capers, ½ teaspoon grated onion or chopped chives, if desired. Mix well.

QUICK COCKTAIL SAUCE

½ cup chili sauce
½ cup catsup
½ cup prepared horseradish
¼ teaspoon salt
1½ teaspoons Worcestershire sauce
2 tablespoons lemon juice
Dash of tabasco, if desired

1. Mix together all ingredients.

2. Chill thoroughly—add 2 tablespoons finely chopped celery, 1 tablespoon finely chopped parsley, 1 teaspoon grated onion just before serving, if desired.

LEMON BUTTER SAUCE

Cream ½ cup soft butter. Gradually add: 1 tablespoon finely chopped parsley, 1 teaspoon grated onion, ½ teaspoon salt, dash of Cayenne pepper and 4 teaspoons lemon juice. Stir until well blended. Serve on fish or vegetables.

LEMON ORANGE SAUCE

Combine in a saucepan ½ cup sugar, ¼ teaspoon salt, 1½ tablespoons corn starch and 1 cup orange juice. Cook over medium heat, stirring constantly until thickened and smooth. Add 1 tablespoon butter, 2 tablespoons lemon juice, 1 teaspoon grated lemon rind. Remove from heat. Serve warm with fritters or fruits.

Your New *Sunbeam* COOKER & DEEP FRYER Has These Wonderful ADDED Uses

TO USE YOUR SUNBEAM AS A STEAMER

Put basket into Sunbeam. (Remove handle first). Place food or tin in which pudding is to be cooked into basket. Add enough of boiling water to come half way up the side of mold or pan. If mold does not have cover, cover top with double thickness of waxed paper. Start at 300°, until water is boiling. Cover Sunbeam, then set dial at simmer, adjusting to keep water just simmering. Steam for time directed in recipe, adding more boiling water if necessary to keep water up to half way level. Add 1 tablespoon vinegar to water to help prevent stain from minerals in water.

TO USE YOUR SUNBEAM AS A BUN WARMER

Put frying basket into Sunbeam (remove handle first). Set dial at high point to simmer range. Place rolls into basket. Cover Sunbeam and heat until rolls are heated through—time will depend upon amount of rolls heated at one time. Also, use to heat doughnuts, sweet rolls, cutlet cake, breads, etc.

TO USE YOUR SUNBEAM TO KEEP FOODS WARM UNTIL SERVING TIME

Place foods in Sunbeam. Set dial at simmer. Cover or tilt cover as in case of mashed potatoes or other foods that tend to become soggy.

TO BLANCH VEGETABLES FOR HOME FREEZING

Preparing Vegetables for Freezing

1. Select variety suitable for freezing. Some varieties freeze better than others. State Agriculture Experiment Stations can make recommendations as to which vegetables are most suitable in your locations.

2. Select strictly fresh vegetables, neither over- or under-ripe. Freeze as quickly as possible—2 hrs. from vine to freezer is best.

3. Eliminate vegetables not in perfect condition. Prepare by washing carefully and as you would previous to cooking for table use. Keep in refrigerator if impossible to prepare at once. Steam or water blanch to reduce enzyme action and preserve flavor and appearance. Steam blanching is preferable since it preserves more of the food values of the vegetables.

4. Scald or blanch only 1 pound of vegetables at a time.

Steam Blanching

1. Place about one inch of water in the Sunbeam Cooker & Deep Fryer.

2. Place one pound of vegetables in the Sunbeam fry basket (remove handle). Set basket on a small inverted heat-proof cover, pie pan, or rack so that food will be above surface of water.

3. Set dial at 400° and watch it boiling vigorously. Then cover tightly with lid, being sure that lid is in contact with top of cooker.

4. Boil at 400°, counting time as soon as water is boiling and cover is placed on the cooker.

5. When steaming time is up, immediately plunge basket (attach handle and lift from cooker) into a sink full of cold water to which ice cubes have been added (or use dish pan). Let cold water contact vegetables by lifting basket up and down.

6. Drain on paper towels or dish towels. Then package and freeze at once. Freeze in proper containers designed for this purpose—following manufacturer's directions—must be moisture-vapor proof—and use the size container best suited for the size of your family so that all the package can be used at one meal. Refreezing causes further loss of food values. Leave ½ inch headspace for vegetables that pack tightly, such as peas and corn, more for those that pack loosely.

7. Set down date and contents of package.

8. Freeze quickly as directed by manufacturer of your freezer unit.

9. Store foods at 0° F. or as indicated as safe on your freezer thermometer.

Water Blanching

1. Use large amount of water, filling Sunbeam Cooker at least ¾ full.

2. Set dial at 400° and have water boiling rapidly.

3. Place prepared vegetables (use fry basket (leave handle on basket). Place 1 pound of vegetables (only ½ pound greens such as spinach, etc.) into basket and then set basket into cooker.

4. When water returns to full boil, time start counting time. Move basket for agitating if stirred.

5. Remove at once, as soon as time is up.

6. Place basket at once into ice water as in Step 5 in Steam Blanching.

7. Drain, then pack and freeze at once, as directed in "Steam Blanching".

Preparing Cooked Foods for Freezing

Cooked foods which you prepare in large quantities in the Sunbeam Cooker & Deep Fryer such as soups, stews, baked beans, spaghetti, chop suey, etc. may be frozen for future use.

These foods are best slightly undercooked before freezing so that they will not be overdone in reheating. Cool foods quickly, then pack in moisture-vapor proof cartons and freeze immediately at 0°F. Store only for short period of time to prevent deterioration in flavor. Use at once when thawed.

TIME TABLE FOR STEAM SCALDING VEGETABLES

(Time charts and procedures agree with those issued by State Home Canning Bulletins and leading manufacturers of home freezers)

Vegetable	Time to Scald (Steam)	Vegetable	Time to Scald (Steam)
Asparagus:		Carrots:	
Large stems	5 min.	whole	5 min.
Small stems	3 min.	sliced	4 min.
Beans, green:		Cauliflower (Separate)	4 min.
whole or French cut	3 min.	Corn on cob: Scald in boiling water	
lima or butter	4 min.	Corn whole grain: Cook until tender	
Beans, lima:		Greens:	
whole	5 min.	collards	10 min.
cut	3 min.	kale	10 min.
Broccoli	5 min.	kale, chard	10 min.
Brussels sprouts	5 min.	mustard greens	2 to 10 min.
		Okra	3 min.
		Soybeans, cooking	5 min.

TIME TABLE FOR SCALDING VEGETABLES IN BOILING WATER

(Taken from Bulletin "Home Freezing of Fruits and Vegetables" of U.S. Department of Agriculture)

Vegetable	Time to Scald in Boiling Water	Vegetable	Time to Scald in Boiling Water
Asparagus	2 to 4 min.	Corn:	
Beans, lima	2 to 3 min.	whole grain	5 to 11 min.
Beans, snap	2 to 3 min.	Greens	1 to 2 min.
Broccoli	4 min.	Okra	3 min.
Cauliflower	3 min.	Peppers, green, and pimientos	2 min.
Corn on cob:		Soybeans	Boil in pods 5 min. Shell, blanch, cool 3 min.
whole ears	7 min.		
cut off cob	4 min.		
Lima (Shell, then boil)	3 min.		

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ONE **Sunbeam**
APPLIANCE RECOMMENDS
ANOTHER

WHENEVER a Sunbeam Appliance goes into a home, it isn't long before others follow. That's because Sunbeam appliances all give that extra measure of satisfaction that creates sincere enthusiasm and confidence. Whether it's a Sunbeam Mixer, Saucepan, Frypan, Coffeemaker, Iron, Toaster, Waffle Baker & Grill, Shaver, or Lady Sunbeam Hair Dryer, one will always recommend another. We know that you, like millions of others, will also find this to be true.

Sunbeam